



WRITING A CORRECTION

PREP:

- Capture the triggering by writing down exactly what you think and/or feel.
 - Eg: *"I can't believe she lied to me!"*
- Write down the feeling or thought that comes to you first, then identify the other.
 - Eg: *Thought = "I can't believe she lied to me!"*
 - Eg: *Feeling = Anger*
- Identify all of the feelings. What all core feelings are also present?
 - Eg: *Anger, Pain, Fear, Shame, Guilt, Passion, Joy, Love*
- Assign to either your Child or your Teen. Which one is most in charge here?
 - Eg: *Teen*
- Identify the Core Issue by referring to the Core Issue Matrix
 - Eg: *Worth; Better than*
- Gather historical data – (Optional, but preferred) Where did I learn this, or when did I first experience this in my life? --Typically ties to a primary caregiver.
 - Eg: *Dad used to freak out when anyone lied to him when I was growing up.*
- Provide your wisdom – What would you tell a teen or child that had these thoughts or feelings?
 - Eg: *The fact that she lied has more to do with her than it does you. Lying happens in life, and it's okay to be angry when you're on the receiving end of a lie. Just because she lied doesn't necessarily mean she doesn't love you.*

STEP 1 - Reflect back the thoughts and feelings:

- I know you think, "insert the initial thought here." And this makes you feel insert all feelings experienced here.
 - Eg: *"I know you think, "I can't believe she lied to me." And this makes you feel Anger, Pain, Fear, Shame, and Guilt.*

STEP 2 - Include historical data (optional but preferred) and provide your wisdom.

- It makes sense that you think and feel this way. You learned this from insert historical data here. But I want you to know, OR But the truth is, insert most important wisdom points here.
 - *Eg: I learned this from dad, he would freak out when anyone lied to him growing up. The fact that she lied has more to do with her than it does you. Lying happens in life, and it's okay to be angry when you're on the receiving end*

STEP 3 - Teen – Dethrone by being firm, but loving.

Child – Turn them to you and let them off the hook by being gentle.

- **Teen Correction:** So from now on, I will be in charge of insert what you will be taking over from your Teen, and you don't have to manage this for us anymore.
- **Child Correction:** So from now on, if you think insert what you're letting your Child off the hook for, you can come to me, and I will help you with it. You don't have to worry about this anymore.
 - *Teen Eg: "So from now on, I will be in charge of handling our reaction to being lied to. You don't have to manage this for us anymore."*

STEP 4 - Have a visual image of your Teen/Child in your mind, and read them your complete correction.

- *Eg:*
 - Step 1: I know you think, "I can't believe she lied to me!" And this makes you feel Anger, Pain, Fear, Shame and Guilt.
 - Step 2: It makes sense that you think and feel this way. You learned this from dad, because he would freak out if anyone ever lied to him growing up. But I want you to know, the fact that you were lied to has more to do with her than it does you. Lying happens in life, and it's okay to be angry when you're on the receiving end of a lie. Just because she lied doesn't necessarily mean she doesn't love you.
 - Step 3: So from now on, (Teen – I will be in charge of handling our reaction to being lied to, and you don't have to manage this for us anymore.) (Child – if you think _____, you can come to me and I will help you with it. You don't have to worry about this anymore.)
 - Closing Statement: Thank you for listening to me. (Teen - You can go back to doing whatever you were doing.) (Child - You can go play now.) & I'll see you later.